

ABSTRACT

The invention provides a method for producing bubbles that exhibit an excellent monodispersity. The invention 5 relates to a method for generating bubbles by the injection and dispersion of a gas through a porous body into a liquid, wherein the value produced by dividing the pore diameter that accounts for 10% of the total pore volume in the relative cumulative pore distribution curve of the porous body by the 10 pore diameter that accounts for 90% of the total pore volume in the relative cumulative pore diameter distribution curve of the porous body is 1 to 1.5.